

## Creating SMART Goals

*Creating goals that you and your mentor can work towards will help your working relationship be more productive. When creating goals, follow the SMART guidelines below.*

**S**pecific- What are you hoping to accomplish? (Who, What, Where, Why)

**M**easurable- How will you know when you've accomplished your goal?

**A**ction-oriented- Describe the result and how it can be reached.

**R**ealistic- Is the goal achievable? Are you able to put in the work needed?

**T**imely- What is your deadline? "By when" do you want to complete the goal?

GOAL #1:

How can my mentor support me in achieving this goal?

GOAL #2:

How can my mentor support me in achieving this goal?